

Help prevent illness

Be sure to wash your hands, work area, spoons, cups, bottles, and rubber nipples with hot soapy water. This helps prevent illness.

Storing formula

You can keep unused mixed formula in the refrigerator up to 24 hours. Germs grow quickly in formula. When your baby doesn't drink all of the formula in a bottle, throw away what is left.

Storing breast milk

	Temperature Ranges	Freshly Pumped Breast milk	Thawed Breast milk
Counter top or table	60° – 85° F	5 hours	1 – 2 hours
Cooler with frozen ice paks	59° F	24 hours	Don't store
Refrigerator	39° F	5 days	24 hours
Freezer inside a small refrigerator	5° F	2 weeks	Never re-freeze thawed breast milk
Freezer with separate door	24° F	5 – 6 months	Never re-freeze thawed breast milk

Put frozen breast milk in the refrigerator to thaw. After thawing, frozen milk can be refrigerated, but can't be refrozen. Breast milk separates and may look light yellow. This is normal.

Breast milk can be given chilled or at room temperature. If you choose to heat breast milk, swirl the bottle or bag in a bowl of warm water or under warm running water. Never microwave breast milk.



Your baby's regular checkups are good times to ask questions about her growth and development. Make sure to get her immunized on time to protect her from many serious diseases.

Take time for yourself.

New babies require a lot of your energy and time. To keep up with the demands:

- Eat a variety of healthy foods.
- Get fresh air and exercise regularly.
- Drink plenty of water.
- Ask for help when you need it.
- Make some time for yourself.
- Get regular check-ups.

For help with breastfeeding or to get the packet "My Guide to Working and Breastfeeding" call or visit:

Family Health Hotline
1.800.322.2588
711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org



Child Profile is a service of the Washington State Department of Health.

If you have a disability and need this document in another format, please call 1-800-322-2588 (711 for TTY relay).

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Nutrition for Infants

Birth to 6 Months



Feeding is a special time

Feeding is a good time for you and your baby to feel close to each other and relax. Talk softly to him. He knows your voice. Hold him close and look into his eyes. This helps him feel secure and loved. Feeling loved helps your baby grow, learn, and develop.

Baby's hunger signs (cues)

Look for signs that your baby is hungry or full. At times, your baby will grow faster and need to eat more for a few days. Follow her hunger cues.

If your baby is hungry, she might:

- Suck on her hand.
- Smack her lips.
- Turn her head toward your breast.
- Act fussy, look unhappy.

Try to feed her before she starts to cry.

If your baby is full, she might:

- Turn her head away.
- Close her mouth.
- Lose interest in eating.
- Fall asleep.

You will know your baby is getting enough breast milk or formula when she:

- has 6 to 8 wet cloth diapers (5 to 6 disposable diapers) in 24 hours by day 4,
- if breastfed, has yellow stools by day 5,
- has 2 to 5 stools per 24 hour period by 5 to 7 days, and
- is back to her birth weight by 2 weeks of age and keeps growing.

Expect your baby to feed several times during the night for at least the first few months.

Breastfeeding

Breast milk is the perfect food for your baby. It changes to meet your baby's needs as he grows. The American Academy of Pediatrics (AAP) recommends breastfeeding for at least the first year of life and says that breast milk is the only food needed for the first six months for most full term, healthy babies.

In addition to helping your baby's brain develop, breast milk is important for your baby's health.

The AAP says breastfeeding reduces:

- Rates of SIDS (Sudden Infant Death Syndrome).
- Risk of diabetes (Type I and 2).
- Risks of overweight or obesity.
- The number of colds and ear infections.
- Allergies including asthma and eczema.

Benefits to you include a faster return to your normal weight, plus a decreased risk of breast and ovarian cancer.

If you have questions or need help with breastfeeding, call your hospital, doctor, or midwife to find a lactation consultant. You can also call the Family Health Hotline at 1-800-322-2588.

Getting out and about

Washington State protects a mother's right to breastfeed in public. Breastfeeding is perfectly normal but some moms feel uncomfortable nursing while away from home. If you are nervous about breastfeeding in public, try practicing at home in front of a mirror. You'll soon be an expert! Many businesses have a mother's area if you feel more comfortable nursing in private.

When you go out without your baby, she can still be given breast milk. You can pump or hand express breast milk and store it in the refrigerator or freezer.

Formula feeding

If you are not breastfeeding, use iron-fortified formula. The added iron helps keep your baby's blood - and your baby - healthy.

Newborns do not need a full bottle of formula at each feeding. Start by offering no more than two to four ounces. Follow the directions on the can when you mix formula. Be sure to use the right amount of clean water and put the water in the bottle before adding formula. If you use too much water, your baby won't get enough to eat. Too little water can upset his stomach or hurt his kidneys.

Your baby needs your attention. Hold him in your arms with his head raised while feeding. Leaving him with the bottle propped can lead to choking or ear infections.

Hold me close
and look at me when
you feed me.



24 HOURS OF FEEDING YOUR BABY the first 5 months

	Breastfeeding	Iron-fortified Formula
Birth to 1 Month	8 - 12 times <div>No more than 4 hours between feedings, regardless of method. Ask your doctor or nurse if your baby needs a vitamin D supplement.</div>	every 2 to 3 hours (14 - 28 ounces per day)
2 Months	8 - 12 times	every 3 to 4 hours (23 - 34 ounces per day)
3 Months	6 - 12 times	every 3 to 4 hours (25 - 39 ounces per day)
4 - 5 Months	6 - 12 times <div>Ask your doctor or nurse if your baby needs an iron supplement. Do not add cereal to your baby's bottle at any age. It will not help him sleep longer at night and may cause him to choke. It may also give him too many calories.</div>	every 3 to 4 hours (27 - 39 ounces per day)

Please breastfeed me until at least my first birthday.



24 HOURS OF FEEDING YOUR BABY at 6 months



Be sure that I'm ready before you start feeding me solid food.

Breastfeeding	6 - 12 times
Iron-fortified Formula	every 3 to 4 hours (27 - 40 ounces per day)
Soft Solids (cereal or baby food meat)	1 - 4 Tablespoons per day Offer 2 - 3 times daily
Ask your doctor or nurse if your baby needs a fluoride supplement.	

INTRODUCING Solid Foods

Your baby's body needs time to develop before he can digest other foods. Starting solid foods, including baby cereal, too soon may cause choking, obesity, and other health problems. Your baby is ready for solid foods when he is 4 - 6 months old and can:

- Sit with support.
- Hold his head steady.
- Take food from a spoon.

Iron fortified infant cereal is a good first food for babies getting formula. Baby food meats are a good first food for breastfeeding babies.

- Mix together in a bowl:
- 1 teaspoon infant cereal or baby food meat
 - 2 tablespoons breast milk or infant formula

Make the mixture thin so your baby can learn to eat it easily. Feed with a small spoon. If he does not want to eat it, try offering it again in a few days. Babies may need to taste a new food 6 to 10 times before accepting it. As your baby learns to eat from a spoon, you can make the mixture thicker.

Introduce only one new food at a time

Offer each new food for a week before starting a new one. If your baby vomits, has a rash or diarrhea, stop giving her that food and call the doctor or nurse. If there is no reaction, continue serving that food and begin another.

Try peeling and mashing cooked sweet potato or squash until smooth. Other good choices include mashed peas, potatoes, and bananas. You can serve them at room temperature or slightly warmed. Be sure the food is not too hot!

Never feed your baby egg whites because of allergies, or foods made with honey because of a rare but serious disease called botulism.

